

# What works best for promoting officer wellness

500 Participants (police investigators & forensic examiners)

NIJ Funded Study

01



## Work Conditions

50% reported that having a flexible schedule, different facilities within the agency like video games, a gym, cable TV access, a large kitchen to gather together and eat; time to decompress; a varied workload; being able to take a vacation when needed

02



## Mental Health Services

35% reported that mandatory mental health services is one of the most successful strategies to mitigate the impact of CSAM investigations

03



## Peer Support

23% discussed the importance of relationships among staff within the unit contributing to the wellness of each individual

04



## Venting Without Stigma

22% referred to the ability and legitimacy to talk about difficulties, personal life, and things that are deemed confidential as a beneficial strategy.

05



## Other Insight Provided

- 76.6% Having an Employee Assistance Program
- 64.1% Chaplains
- 63.6% An onsite gym
- 53.6% Outdoor grounds for walking, running or sitting to eat
- 46.9% Peer counselors